



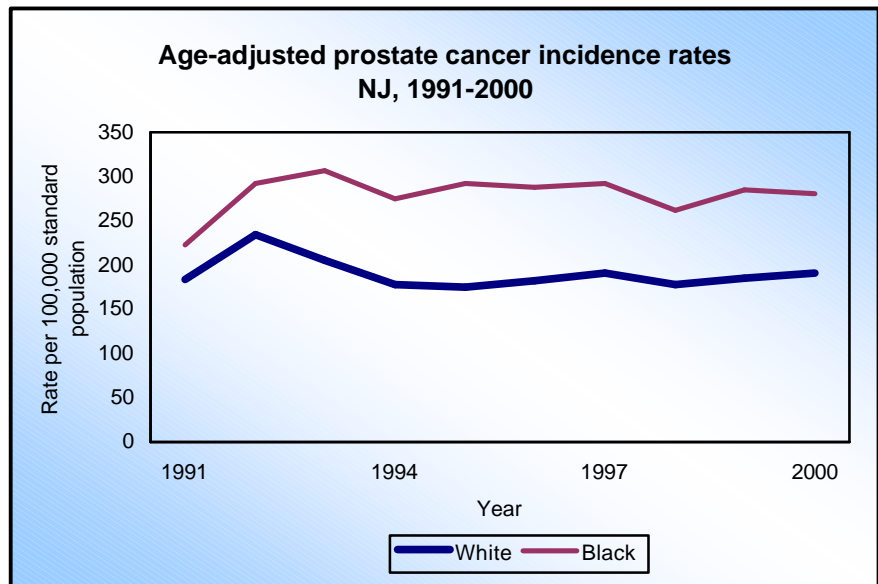
MONTHLY HEALTH DATA FACT SHEET September 2003

September is Prostate Cancer Awareness Month and September 14-20 is Prostate Cancer Awareness Week

- Prostate cancer is the second leading cause of cancer deaths and the most common type of new cancer diagnosed among men in New Jersey and the United States.
- Each year in New Jersey, roughly 7,000 men are diagnosed with prostate cancer and nearly 1,000 die from this disease.

- During the 1990s, prostate cancer incidence rates increased among men under age 65, especially those aged 45-54, for whom the rate nearly quadrupled. Among men 75 and over, however, the rate declined, particularly among those 85 and over, among whom the rate has halved.

- Incidence rates among black men were 26% higher in 2000 than in 1991.
- The increase in prostate cancer incidence rates starting in the late 1980s and peaking in the early 1990s can be attributed to the increased use of the prostate-specific antigen (PSA) test to detect this cancer.



- In 2000, the age-adjusted prostate cancer incidence rate per 100,000 standard population was 191.4 for white men and 281.4 for black men.
- The prostate cancer mortality rate decreased 24% during the 1990s.
- While the mortality rate decreased 27% among white men between 1991 and 2000, it only decreased 6% among black men. In 2000, the age-adjusted prostate cancer mortality rate among blacks was 2½ times the white rate: 26.7 for whites and 69.1 for blacks.
- Known risk factors for prostate cancer include age, black race, and family history. Other possible risk factors include some types of prostatic hyperplasia, a diet high in animal fat, obesity, hormonal factors, some sexually transmitted agents, smoking, alcohol use, and physical inactivity.
- Exercise and a healthy diet that is low in fat and high in fruits and vegetables, vitamin E, and soy products have been associated with a decreased prostate cancer risk.
- Screening tests for prostate cancer include digital rectal exam (DRE), PSA test, and transrectal ultrasound.

- Guidelines for screening are controversial due to lack of evidence that early detection and aggressive treatment reduces mortality, therefore, it is important that men discuss the subject with their health care providers. The strictest guidelines are from the American Cancer Society, which recommends that all men over the age of 50 who have at least a 10-year life expectancy, African American men over the age of 45, and men over 45 with a family history of the disease be offered a DRE and PSA test annually.
- 75 percent of New Jersey males over the age of 40 have had a DRE and 61% of New Jersey males have had a PSA test at some time in their lives.
- Treatment for prostate cancer may include surgery, chemotherapy, radiation therapy, and/or hormone therapy. However, careful observation without immediate active treatment may be appropriate.

For more information about prostate cancer from the New Jersey Department of Health and Senior Services:
www.state.nj.us/health/cancer

For more information about Prostate Cancer Awareness Month: www.pcacoalition.org

For more information about Prostate Cancer Awareness Week: www.cancer.org

Sources:

New Jersey Department of Health and Senior Services, Office of Cancer Prevention and Control:
[Prostate Cancer fact sheet](#)
[Comprehensive Cancer Control Plan](#)

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[NJ State Cancer Registry](#), unpublished 1991- 2000 incidence data

New Jersey Department of Health and Senior Services, [Center for Health Statistics](#):
 New Jersey 1991-2000 Death Certificate Data Files, unpublished data
[New Jersey Behavioral Risk Factor Survey](#), 2001-2002, unpublished data

New Jersey Department of Health and Senior Services, Division of Family Health Services, Cancer Education and Early Detection Services:
[Recommendation Regarding Screening For Prostate Health](#)

American Cancer Society:
[Overview: Prostate Cancer](#)
[Cancer Facts And Figures 2003](#)

[National Prostate Cancer Coalition](#)



James E. McGreevey, Governor
 Clifton R. Lacy, MD, Commissioner

New Jersey Department of Health and Senior Services
 Center for Health Statistics
 P.O. Box 360
 Trenton, NJ 08625-0360